

MEALS

ON

WHEELS

winter 2001

# The MEAL TIMES

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

## Culinary Walk-about 2001

January 18, 2001 • Powerhouse Event Center • 5:30 p.m. - 9:00 p.m.



The Fourth Annual Culinary Walk-About, to benefit Meals on Wheels, will be held on January 18, 2001 from 5:30 p.m. to 9:00 p.m. at the new Powerhouse Event Center located at 621 So. 17th Street. Area chefs from local restaurants and catering businesses will be serving heavy appetizers, desserts and beverages to please your palate. It's only \$5.00 to join us for an evening of fun. Food & beverage tickets are available for \$1.00 each. Enjoy the music of Sandon Mayhew and the many wonderful silent auction items.

The Meals on Wheels Program of Ada and Elmore counties started serving meals in 1974 with approximately 400 recipients and has grown to serving 99,000 in FY2001.

We need your help and participation to serve these deserving, elderly, homebound individuals. So please join us for an evening of fun!

## Recipient Spotlight

## Helen Linton

Helen was born on October 22, 1920 in Conway, Arkansas. She was one of 11 children, 8 boys and 3 girls. Her father was an evangelist minister and her mother a missionary. They traveled a lot from town to town. The family lived in Oklahoma and moved to Idaho in 1941. They lived in Pocatello, Idaho Falls and then Boise.

Helen married in 1942 and again in 1975. She has three daughters, 17 grandchildren and 24 great-grandchildren.

Helen worked as a matron at a train depot, in a doctor's office, housekeeping, babysitting and as a beautician.

She heard about Meals on Wheels from her physician. Her favorite meals are turkey and fish.



extra, extra, read all about it !!!

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## The MEAL TIMES

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Angela Spain, Supervisor  
Health Services for Seniors  
Colleen Fiero, Newsletter Editor  
Lance Corpus, Designer

## Message From The Supervisor . . .



Angela Spain

The Senior Nutrition Program is thankful for the many people who have supported our program this year. We want to take this time to wish all of you the very best in 2001! Happy Holidays from all your friends at Central District Health Department.

*Angela*  
*Colleen*  
*June*  
*Cheryl*  
*Janette*  
*Angela*

## Holiday Happenings

- \* December 25th - Christmas Day
- \* January 1st - New Year's Day
- \* January 15th - Idaho Human Rights Day
- February 14th - Valentine's Day
- \* February 19th - President's Day
- March 17th - St. Patrick's Day
- \* No Meal Delivery

## From The Heart. . .

*"Peace on earth, good will to all men and women. Oh, don't forget the children! Merry Christmas to all - especially those in need! A special Christmas to all who have given their time and energy to this program."*

*Very sincerely, H.W.*

*"Thanks to those who fix my meals. Thank you all once again. May Jesus bring you all joy and happiness these holidays!"*

*J.M.*

*"The Meals-onWheels are really needed at this time.*

*Thanks!" G.M.*

# A New Factor in Preventing Heart Disease

Chances are that you know someone suffering from cardiovascular disease. It is reported to affect one in every five Americans. Recent studies show that not only do cholesterol and stress play a part in this problem, but so does homocysteine. Homocysteine is something that has no function itself in your body, but is a storage form for necessary amino acids, the building blocks for protein. Your body converts homocysteine into one of these amino acids when they are needed. In order to be changed into one of the amino acids, your body needs the help of the B-Vitamins: Folate, B6, and B12.

If these B vitamins are not available, homocysteine will accumulate rather than be transformed. This build up of homocysteine in your blood is linked to increased rates of cardiovascular disease including coronary artery disease, strokes, and heart attacks. The exact reason why homocysteine increases your risk of heart disease is still not conclusive, but it is believed to cause blood vessel damage and increase blood clotting.

Certain people are at a greater risk for developing these high levels of homocysteine. They include:

• Men • The Elderly • Postmenopausal women • Those with a family history of heart disease • Those who don't consume enough B-Vitamins in their diets.

If you fall into one of these categories, your risk for heart disease may be higher. The good news is, however, that anyone can lower their risk by choosing the right foods. As stated earlier, your body needs folate, B6, and B12 to process homocysteine, thereby lowering its levels in your blood. The table below shows where to get these essential vitamins:

<b>FOLATE</b>	<b>VITAMIN B6</b>	<b>VITAMIN B12</b>
* Orange Juice made from frozen concentrate * Green leafy vegetables * Beans * Breakfast cereals (fortified)	* Liver * Whole Grains * Chicken * Potatoes * Avocados	* Liver * Crab, oyster, lobster * Red Meat * Fish * Milk

It is believed that if you consistently eat five fruits or vegetables a day that you will get adequate amounts of these vitamins. Many people choose to supplement their diets with B vitamins. If you choose to do this, there are some important things to remember:

1-Never take a vitamin or mineral that provides >100% of the daily recommended value. Overdosing on vitamins or minerals can be very dangerous.

2-Take a vitamin B complex or a multivitamin rather than taking Folic Acid alone. High levels of folic acid may mask a deficiency of vitamin B12 which may lead to nerve damage.

Eating a diet rich in fruits, vegetables, and whole grains has been proven to reduce the risk of heart disease. Not only do these foods contain B-Vitamins which will reduce your levels of homocysteine, but they have numerous other heart disease and cancer preventing attributes as well. If you have not already done so, make a goal to increase the number of fruits, vegetables, and whole grains in your diet. Doing so may provide a lifetime of benefits.

Guest Columnist,  
Rebecca Hampshire, U of I Dietetic Student

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# Thank You Friends...

## Monetary Donations:

Alchem Laboratories, Inc. • Stephen & Anne Brown • Stephanie Burgess • Edward & Arita Cleary • A. Bruce Cleveland • Alice Gueltig • William Hamlin • Doris Haworth • Michelle Herr • Betty M. Lessinger • Bayless Manning • Ramona & Bill Martin • Lary & Connie Matthews • Kathleen Messinger • Ada Mills • Mayor Greg Nelson, City of Kuna • Mary Lou Orndorff • John & Sue Paul • Peasley Transfer & Storage Co. • The Raimondi Family • Senaka & Lalani Ratnayake • Alice Schlegel • Robert W. Smith • Stacey Stewart • Paul & Eleanor Tate • Margaret Ward • Rudolf & Suzanne Wolf • Helen Wright

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Meals-on-Wheels was awarded a \$5,000.00 grant from the Camille Beckman Foundation.

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The Larry Barnes Foundation has awarded a \$5,000.00 grant to Meals-on-Wheels to be used for the purchase of two new food slicers - one for the Meridian Senior Center Kitchen, and one for the Boise Senior Center Kitchen.

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Thanks to the Ada County Association of Realtors Foundation for pledging \$5,500.00 to be used for the purchase of a new delivery van for Meals-on-Wheels.

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Thanks to Trus Joist for their generous donation of \$500.00 - they employ our Meals-on-Wheels volunteer, Amy Dixon.

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Thank you Mary Tate and the Tate Family Charitable Trust for their generous donation of \$500.00 to the Meals-on Wheels Program.

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Thanks to the 72 employees of the United States Department of Agriculture: National Resources Conservation Service, Rural Development, and Farm Services Agency for presenting the Meals-on-Wheels program with \$136.00 they raised at a recent bake sale. Thanks for your support!

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Thanks to the following groups for making Christmas ornaments for our Meal-on-Wheels Christmas gift bags:  
• The Ladies of Stein Distributing • Girl Scout Troop #654 • Girl Scout Unit #27

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A BIG THANKS to Barbara Gilbert, Central District Health Department, for her very generous donation of 50 boxes of candy canes (600 canes) for our Meals-on-Wheels Christmas gift bags!

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Thanks to Susie Simmons and Anna Duarte, Central District Health Department, for also donating candy canes for our Meals-on-Wheels Christmas gift bags

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Thanks to Central District Health Department staff and friends who donated bags of Halloween candy for the Meals-on-Wheels Halloween Meal Delivery: Mitzi Aden • Melissa Bean • Sharon Brown • Donna Caley • Margaret Call • Terri Clever • Wendy Den-Herder • Lorraine Fortunati • Susan Gray • Jenene Hester • Kay Hug • Julia Kolb • Eloise Kraemer • Connie Merrill • Arni Nicholson • Jan Nickerson • Mary Reyes • Dieuwke Spencer • Cindy Trail • Lois Van Doren

## \* \* \* Memorial & Honorarium Gifts \* \* \*

### In Memory of:

**Thelma Beck**

Received donation from Amy Blickenstaff

**Veronne Elam**

Received donations from Norman & Helen Green, Ruby German, and Jim & Tammy Heath

**Rose Marie Grieser**

Received donations from Judy Dynka, Audry, Linda & Marilyn

**Helen Moon**

Received donation from Reagan Davis, Morgan Davis, & Rhoda Moon

**Ruth Alvina Wilcox**

Received donation from Robert & Juanita Peacock

**Lester Metzger**

Received donation from Mountain View Church of the Brethren

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# Volunteer Spotlight

## Girl Scout Troop #403

I had the recent pleasure of attending a meeting with Girl Scout Troop 403 at Riverside Elementary School. The troop, along with leader, Susan Meloy, and assistant troop leader, Caroline Grentz, were assembling Thanksgiving food boxes for recipients on the Federal Way route. Food was collected primarily from the troop members and their families along with donated pie from Perkins and bagels from Brueggers Bagels.

The troop has been delivering Meals on Wheels for three years now, since they've been in third grade. With some flexibility to the school schedule, parental consents and an okay from the principal, they were off and running. The idea started out as an opportunity to earn a badge for "Her Story" - learning the history of women.

The seven young women very maturely spoke of the recipients' need for conversation and human contact. They enjoyed being asked to do extra things like take out the garbage, pick up mail, etc. The young women mentioned how they enjoy the look on the faces of the recipients when they deliver the meals and that their pets are glad to see them too.

The troop realizes it's important to do things during the holidays but the need continues throughout the year, not just at holiday time!



Back row: Rachel Whittaker, Loralie Grentz, Caroline Grentz, Susan Meloy, Alexandra Wicher, Katherine Morfitt

Front row: Lauren Copp, Lindsay Meloy & sibling, Lauren Parker

# IDAHO 6 CARES FOR SENIORS

**Channel 6 and Albertson's** have teamed up for this holiday campaign to gather and distribute the following items to seniors (**including Meals on Wheels recipients**) in the Treasure Valley:

- grocery/prescription gift certificates
- postage stamps
- phone cards
- canned turkeys or hams
- canned fruit
- cereals
- personal care items

**How does it work?** You can shop at any Albertson's store in Ada and Canyon county on December 15-17 and purchase any of the above mentioned items. The items will be collected and distributed to seniors on December 20-24, 2000.

Happy  
**NEW YEARS**  
2001

## Happy Birthday Bertha!!!

Bertha Stark, A Meals-on-Wheels client since 1991, turned 100 years old on Saturday, September 23, 2000. She attributes her good health and long life to "drinking her milk and eating her vegetables." Cheryl Shapel and Donna Caley surprised Bertha with a birthday cake, flowers, and a card congratulating her on her 100th birthday!



trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

## Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way, especially when the monetary gift provides life sustaining sustenance for someone in need. Each is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Colleen, Volunteer Coordinator at 327-8505.

## Honor & Remember

The enclosed gift is

☐ In honor of:

☐ In memory of:



Please remit to:  
Meals on Wheels  
707 N. Armstrong Pl.  
Boise, ID 83704  
(208) 327-8505

☐ Mr. ☐ Mrs. ☐ Miss \_\_\_\_\_

Address \_\_\_\_\_

*Please send acknowledgement letter to:*

☐ Mr. ☐ Mrs. ☐ Miss \_\_\_\_\_

Address \_\_\_\_\_

*This gift is made by:*

☐ Mr. ☐ Mrs. ☐ Miss \_\_\_\_\_

Address \_\_\_\_\_

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# Much More Than A Meal!